

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 110397— Yogurt, High Protein, Plain, Nonfat

Category: **Meat/Meat Alternate**



### PRODUCT DESCRIPTION

This item is a nonfat plain high protein yogurt. This yogurt is delivered refrigerated and is offered in cases containing six 32-ounce containers.

### CREDITING/YIELD

- One case yields 48 ounce-equivalent servings of Meat/Meat Alternate.
- CN Crediting: 1/2 cup of yogurt credits as 1 ounce-equivalent Meat/Meat Alternate.

### CULINARY TIPS AND RECIPES

- Use high protein yogurt as a replacement for sour cream or mayonnaise in recipes.
- Offer yogurt with fresh or frozen fruit and granola to allow children to build their own parfaits.
- For more culinary techniques and recipe ideas, visit [NFSMI](#) or [Team Nutrition](#).

### FOOD SAFETY INFORMATION

- Yogurt should be maintained at or below 41° F during storage and service.
- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

### NUTRITION FACTS

Serving size: 1/2 cup (113 g) plain yogurt

#### Amount Per Serving

**Calories** 70

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 5mg

**Sodium** 53mg

**Total Carbohydrate** 6g

Dietary Fiber 0g

Sugars 4g

**Protein** 11g

Source: USDA Foods Vendor Labels

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.